

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

I GIVE UP

2022 Lenten Calendar

40 Days of Giving Up to Give to Others

Pray for this exercise in giving up to give to others. Pray that it will build up the joy of generosity in you.

MAR 2

We wear ashes to remind us of our mortality and scrub our faces to remind us of God's cleansing power. Buy some bar soap for the donation pile.

MAR 3

Carbs go a long way towards abating hunger. Load up your donation pile with pasta and rice.

MAR 4

Give up your time. Make a phone or video call to someone who haven't talked to in a while.

MAR 5

Rest. You've done good work.

MAR 6

Do you have any unused (but in good shape) kitchen appliances cluttering up your cabinets? Put them in the donation pile.

MAR 7

It's cold out there! Take a look through your coats and see what you can pass along.

MAR 8

Pray for those in our community who are cold or without housing.

MAR 9

Toothbrushes and toothpaste go fast. Grab a few and add them to the donation pile.

MAR 10

Protein is important, and almost everyone will eat PB&J. Add some peanut butter and jelly to your donation pile.

MAR 11

Give up your time. Cook a favorite meal for someone you love (even if that person is yourself!)

MAR 12

Rest. You've done good work.

MAR 13

In poverty, basic household cleaners can be a luxury. Pick up a few all-purpose cleaners and add them to the donation pile.

MAR 14

Too many shoes in the closet? Set aside the rarely-worn ones in good condition for donation.

MAR 15

Are you feeling guilty for falling behind on this list? Knock that off. Pray for a fresh start.

MAR 16

It's not glamorous, but we all need toilet paper. Add a few packs to your donation pile.

MAR 17

Meals-in-a-can (like heavy stews or ravioli) are easy options. Add a few of your favorites to the donation pile.

MAR 18

Give up your time. Turn off all screens for three hours (or as long as you can manage).

MAR 19

Rest. You've done good work.

MAR 20

People who use food pantries get a lot of cans. Grab an extra can opener or two and add them to your donation pile.

MAR 21

Clean, fresh underwear and socks are hard to come by. Purchase some sets to add to the donation pile.

MAR 22

Pray for those who are hungry in our community.

MAR 23

Feminine hygiene products are necessary, and rarely donated. Pick up a few-- not the bargain price ones--and add them to the donation pile.

MAR 24

Cereal gets a day off to a good start. Choose flavors with lots of nutrition for your donation pile.

MAR 25

Give up your time. Walk your neighborhood or a local park and pick up trash along the path. (Wear gloves!)

MAR 26

Rest. You've done good work.

MAR 27

Do you have more clean sheets and blankets than you need? Wash them one last time and put them in the donation pile.

MAR 28

Business clothes are important to folks looking for work. Do you have any suits, blazers, or dress shirts you can donate?

MAR 29

Not able to give all these items? Pray that you can be content with what you have done. Give yourself permission to do only what you can.

MAR 30

Families go through diapers fast. Buy a few packs and add them to your donation pile.

MAR 31

Coffee is called black gold for a reason. Add the good stuff to the donation pile.

APR 1

Give up your time. Take an hour to rest and relax, just for you. If you don't think you can swing an hour, take two.

APR 2

Rest. You've done good work.

APR 3

Clean clothes are a source of dignity (and a necessity to keep a job). Pick up some extra laundry detergent and add it to your donation pile.

APR 4

It's easy to over accessorize. Take stock of scarves, gloves, belts, and bags, and see what can go in the donation pile..

APR 5

Pray for those who work at the agencies who will receive these items, in gratitude for their compassion and persistence in the face of great need.

APR 6

Deodorant makes a huge difference. Add a few to your donation pile.

APR 7

Canned vegetables and fruits are a staple. Add several cans to your donation pile.

APR 8

Give up your time. Write a note or card to another member of the congregation.

APR 9

Rest. You've done good work.

APR 10

Do you have unused or unloved furniture languishing in your home? If it's in good shape, give it second life by donating it.

APR 11

As spring beckons, look at what you didn't wear this winter. Can you add any of it to the donation pile?

APR 12

Pray for those who will receive the items you give.

APR 13

Today is Maundy Thursday, when Christ washed the disciples' feet. Buy some hand or body lotion and add it to the donation pile.

APR 14

Today is Good Friday. Choose a shelf-stable food or ingredient you really love--even if it's expensive--and add it to the donation pile.

APR 15

Christ is in the tomb. Give up your time. Do not make plans today, or worry about tomorrow. Also yourself time to simply be.

APR 16